



Supplementary data

Prevalence of type 2 diabetes mellitus in Africa: an updated narrative review (Supplementary data)

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Supplemental Table 2: Characteristics of diabetics aged 20-79 years, in Africa (adult population, number of diabetic patients, national prevalence, standardized prevalence, cost, deaths, unknown diabetics) (IDF 2019) ¹

Country or territory	Adult population (20-79y), 1.000s	Adults with diabetes (20-79y), 1.000s	Diabetes prevalence (20-79y), %	Diabetes Age-adjusted comparative prevalence (20-79y), %	Cost person diabetes (20-79y), USD	per with Related deaths (20-79y)	Proportion of undiagnosed diabetes (20-79y), %	One in X adults (20-79y) has diabetes
Egypt	58,091.5	8,850.4	15.2	17.2	279.1	76,263	54.4	7
South Africa	35,833.2	4,581.2	12.8	12.7	1,245.0	89,834	52.4	8
Comoros	425.6	34.0	8.0	12.3	173.6	357	51.4	13
Seychelles	66.7	9.5	14.2	12.3	605.7	84	46.0	7
Libya	4,161.3	405.1	9.7	10.2	-	2,789	42.8	10
South Sudan	6,308.5	493.7	7.8	10.2	-	7,017	68.2	13
Tunisia	7,956.9	809.5	10.2	8.5	579.2	5,317	75.0	10
Burkina Faso	8,962.0	494.2	5.5	7.3	177.6	9,675	68.2	18
Mauritania	2,329.4	155.1	6.7	7.1	213.0	1,776	52.4	15
Morocco	23,368.6	1,735.5	7.4	7.0	470.5	8,025	42.8	13
Algeria	26,623.2	1,904.7	7.2	6.7	7954	12,657	65.8	14
Cameroon	11,810.0	615.3	5.2	6.0	311.3	13,744	52.4	19
Central African Republic	2,183.6	101.2	4.6	6.0	72.0	3,163	68.2	22
Chad	6,621.2	245.0	3.7	6.0	135.3	5,707	68.2	27
Congo	2,625.8	158.6	6.0	6.0	343.2	2,536	52.4	17
Democratic Republic of the Congo	37,400.1	1,805.6	4.8	6.0	98.9	28,383	68.2	21
Equatorial Guinea	733.1	39.9	5.5	6.0	1,305.8	491	52.4	18

Supplemental Table 2: Continuous

Gabon	1,143.6	79.9	7.0	6.0	1,015.2	923	52.4	14
Botswana	1,412.6	78.1	5.5	5.8	1,417.6	1,675	52.4	18
United Republic of Tanzania	27,005.7	997.4	3.7	5.7	170.1	18,032	79.8	27
Burundi	5,169.9	123.1	2.4	5.1	97.8	2,699	68.2	42
Djibouti	584.6	35.8	6.1	5.1	314.4	468	52.4	16
Eritrea	2,531.9	96.9	3.8	5.1	147.8	1,471	68.2	26
Rwanda	6,358.5	168.9	2.7	5.1	202.1	2,944	68.2	38
Somalia	6,663.9	270.9	4.1	5.1	-	3,900	68.2	25
Angola	13,543.7	532.4	3.9	4.5	530.2	6,988	52.4	25
Eswatini	739.2	23.2	3.1	4.5	886.7	1,123	52.4	32
Lesotho	1,228.4	41.2	3.4	4.5	334.6	1,670	52.4	30
Madagascar	13,018.3	468.8	3.6	4.5	99.5	5,756	68.2	28
Malawi	8,877.1	268.7	3.0	4.5	117.1	7,604	68.2	33
Namibia	1,400.9	53.2	3.8	4.5	1,871.8	1,095	52.4	26
Zambia	8,001.4	273.8	3.4	4.5	296.8	8,000	52.4	29
Ethiopia	53,390.4	1,699.4	3.2	4.3	113.3	23,157	68.2	31
Mozambique	13,909.7	337.5	2.4	3.3	101.8	9,485	86.1	41
Kenya	25,587.6	552.4	2.2	3.1	324.4	8,081	44.1	46
Nigeria	91,560.5	2,743.8	3.0	3.1	486.6	63,958	48.0	33
Ghana	15,452.1	281.1	1.8	2.5	262.2	5,398	52.4	55
Uganda	18,873.5	296.2	1.6	2.5	191.0	6,288	68.2	64
Cabo Verde	333.0	6.9	2.1	2.4	685.1	58	52.4	48
Ivory Coast	11,946.8	237.4	2.0	2.4	327.0	5,207	52.4	50
Guinea	6,323.6	127.5	2.0	2.4	149.1	2,070	68.2	50
Guinea-Bissau	944.2	18.6	2.0	2.4	170.2	364	68.2	51
Liberia	2,371.1	48.1	2.0	2.4	309.4	754	68.2	49
Mali	8,168.3	157.6	1.9	2.4	143.2	2,669	68.2	52
Niger	9,026.0	183.3	2.0	2.4	87.7	3,181	68.2	49
São Tomé and Príncipe	98.1	1.9	2.0	2.4	587.9	19	52.4	51
Senegal	7,820.8	153.1	2.0	2.4	248.5	1,855	68.2	51
Sierra Leone	3,735.2	73.3	2.0	2.4	383.4	1,773	68.2	51
Togo	3,943.5	79.6	2.0	2.4	169.0	1,286	68.2	50
Gambia	980.2	15.6	1.6	1.9	119.3	193	68.2	63
Zimbabwe	8,372.1	103.2	1.2	1.8	540.9	2,622	68.2	81
Benin	5,512.5	44.6	0.8	1.0	163.8	693	68.2	123

Supplemental Table 3: Increase in the prevalence of diabetes in the 20-79 age-group between 2000 and 2019 ^{4, 5, 1}

Country	Year	Population	DM prevalence	Number of people with DM (000's) in the 20-79 age-group							Total
		(20-79) (000's)	%	Rural	Urban	Male	Female	20-39	40-59	60-79	
Algeria	2000*	17,737*	4.1*	176.0*	551.8*	321.0*	406.8*	205.8*	344.9*	177.1*	727.8*
	2019	1 904,7 (1 329,6–2 601,7)	7.2 (5.0–9.8)								
Tunisia	2000	5,555	3.2%	11.9	164.5	97.2	79.1	28.2	91.1	57.1	176.3
	2019	809,5 (532,5–1 162,1)	10.2 (6.7–14.6)								
Morocco	2000	15,925	2.4%	96.8	288.1	224.1	160.8	93.1	187.7	104.1	384.9
	2019	1 735,5 (1 346,3–2 816,0)	7.4 (5.8–12.1)								
Egypt	2000	36,388	9.3% (*5)	*3	3,384.1
	2019	8 850,4 (4 754,1–10 086,5)	15.2 (8.2–17.4)								
Libya	2000	2,784	2.5%	16.3	53.7	44.8	25.1	15.7	37.2	17.0	69.9
	2019	405,1 (276,3–517,6)	9,7 (6.6–12.4)								
Cameroon	2000	6,822	0.9%	13.2	47.9	23.5	37.6	10.9	42.8	7.3	61.1
	2019	615,3 (514,7–751,3)	5.2 (4.4–6.4)								
Congo, D.R	2000	21,078	1.2%	92.5	160.0	139.4	113.2	83.3	84.7	84.5	252.6
Republic of Congo	2000	1,257	0.7%	4.3	4.3	3.9	4.7	1.0	6.8	0.8	8.6
	2019	158,6 (133,4–192,6)	6.0 (5.1–7.3)								
Ivory Coast	2000	6,547	0.7%	26.9	15.9	23.5	19.3	3.8	35.9	3.1	42.7
	2019	237,4 (205,8–574,1)	2.0 (1.7–4.8)								
Ethiopia	2000	26,985	1.0%	171.9	96.3	153.5	114.6	89.8	91.6	86.7	268.1
	2019	1 699,4 (987,2–2 937,1)	3.2 (1.8–5.5)								
Gabon	2000	612	0.9%	2.7	2.7	2.5	3.0	0.5	4.4	0.6	5.5
	2019	79,9 (67,2–97,1)	7.0 (5.9–8.5)								
Gambia	2000	652	0.3%	1.4	0.8	1.1	1.1	1.1	1.0	0.0	2.2
	2019	15,6 (15,1–49,4)	1.6 (1.5–5.0)								
Ghana	2000	9,168	0.4%	14.9	17.4	16.0	16.3	17.1	15.0	0.2	32.3
	2019	281,1 (217,6–536,6)	1.8 (1.4–3.5)								
Kenya	2000	13,334	1.4%	14.5	176.0	109.0	81.4	71.9	57.1	61.5	190.4
	2019	552,4 (285,7–1 679,1)	2.2 (1.1–6.6)								
Madagascar	2000	7,249	1.0%	40.4	34.5	41.9	33.1	25.8	26.2	23.0	75.0
	2019	468,8 (295,2–788,8)	3.6 (2.3–6.1)								
Mali	2000	4,685	0.4%	3.9	14.5	9.0	9.4	9.9	8.3	0.2	18.4
	2019	157,6 (133,6–363,2)	1.9 (1.6–4.5)								
Mozambique	2000	8,722	1.3%	29.2	88.1	65.1	52.2	37.0	39.6	40.7	117.3
	2019	337,5 (234,1–726,4)	2.4 (1.7–5.2)								
Nigeria	2000	50,671	0.4%	45.0	164.4	103.0	106.4	115.9	91.8	1.7	209.4
	2019	2 743,8 (958,6–9 217,8)	3.0 (1.1–10,1)								
Senegal	2000	4,219	0.8%	12.2	21.3	14.7	18.8	4.9	25.6	3.0	33.5
	2019	153,1 (131,5–363,9)	2.0 (1.7–4.7)								
South Africa	2000	21,932	4.0%	99.5	786.9	383.3	503.0	114.4	491.8	280.1	886.4
	2019	4 581,2 (1 368,7–5 250,9)	12,8 (3,8–14,7)								
Tanzania	2000	14,466	0.9%	90.5	44.3	76.0	58.8	48.9	44.4	41.6	134.8
	2019										
Togo	2000	1,991	0.5%	0.4	9.2	4.7	4.9	5.2	4.3	0.1	9.6
	2019	79,6 (67,7–179,5)	2,0 (1,7–4,5)								
	2019	273,8 (176,5–457,8)	3,4 (2,2–5,7)								

Table 3: Continuous

Uganda	2000	8,405	1.1%	34.2	54.5	50.8	38.0	36.1	27.7	25.0	88.7
	2019	296,2 (168,9–633,7)	1.6 (0.9–3.4)								
Zambia	2000	3,692	1.1%	12.8	28.0	22.8	18.0	16.8	12.0	12.0	40.8
	2019	273,8 (176,5–457,8)	3.4 (2.2–5.7)								
Zimbabwe	2000	5,404	1.0%	26.5	28.9	31.7	23.6	21.4	17.1	16.9	55.4
	2019	103,2 (72,5–548,6)	1.2 (0.9–6.5)								

* Data : IDF Atlas 2003